

The Pocket Guide to

Emergency Preparedness

**Your safety.
That's why public health is working.**

The Madera County Public Health Department protects and promotes the health of the community. Our work includes health promotion, disease prevention and serving as one of the front line team of agencies responding in the event of disaster or terrorism. Visit our website at

www.madera-county.com/publichealth/

or call 559-675-7893, 1-800-427-6897.

This guide can help you in the event of a major emergency. It has information on how to plan for and respond to natural and man-made disasters. Helpful web sites and phone numbers are also included. Please read your guide carefully and keep it close at hand.

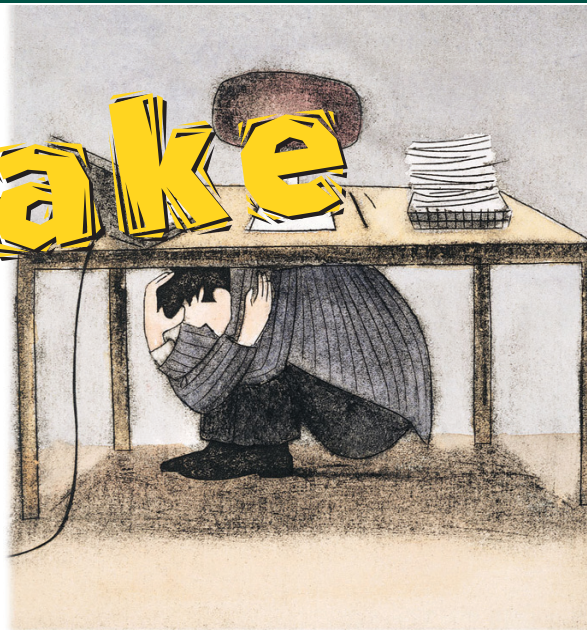
**Madera County
Public Health Department**
14215 Road 28, Madera, CA 93638



In the event of an

Earthquake

Earthquakes and their potential for loss of life, injury, and extensive property damage are always a concern for most Californians.



The following tips can help keep you safe:

- 1. Have a Plan:** Select a safe place in every room. Practice DROP, HOLD, and COVER and teach children how to do it. This means: *drop* under something sturdy like a table, *hold* on to it, and *cover* your eyes by pressing your face against your arm.
- 2. Prepare an Emergency Supplies Kit:** Make sure you have the food, water, medical supplies, and other materials you'll need for at least 3 days after an earthquake.
- 3. When the Shaking Starts:** DROP, HOLD, COVER. Stay indoors until the shaking stops. If you're outside, find a clear spot away from buildings, trees, and power lines and drop to the ground. If you're in a car, slow down and drive to a clear place.
- 4. After the Shaking Stops:** Get to a safe place outdoors if you think the structure you're in is in danger of collapsing. Provide first aid for anyone slightly injured and seek medical attention for anyone seriously injured. Assume there will be aftershocks. Secure anything heavy that could fall and eliminate fire hazards. Listen to the radio for instructions regarding turning off gas and water. If you smell gas, or think it is leaking, shut it off. BUT REMEMBER: Only a professional should turn it back on.

In the event of a Radiological Emergency



A nuclear blast or an accident in a nuclear power plant can cause the spread of radiation. A terrorist attack with a “dirty bomb” can also spread radiation into the air. A “dirty bomb” is a standard bomb with radioactive materials added.

In all cases:

1. Listen to local updates to find out where the source of the radiation is located. Also listen for the level of the radiation source.
2. Decrease the amount of time you spend near the source of radiation.
3. Increase your distance from the source.
4. Increase the shielding between you and the radiation. Shielding is a protective barrier between a person and the source of radiation. Shielding could range from a plate glass window to several feet of concrete.

SELF-DECONTAMINATION: If you have been in contact with radiation, remove your clothes as quickly as possible. Put the clothes in a sealed plastic bag. Take a shower and wash thoroughly with lukewarm water.

IN THE EVENT OF A

BIOLOGICAL EMERGENCY

Biological agents are bacteria and toxins that can cause disease in people.



Protection during a biological event depends on the agent being used.

For example, anthrax can only affect people who come into direct contact with it and cannot be passed on from person to person. But smallpox is highly contagious and would require isolating people who have been exposed. For some biological events immunizations may be recommended.

In response to a biological event, local authorities may give orders for **SHELTER IN PLACE** or **EVACUATION**.

In the event of a

Chemical Emergency

Chemical agents are poisonous gases, liquids or solids that can cause injury, illness and death. Chemical emergencies can be caused by industrial accidents, or through the intentional release of harmful chemicals.

Protection from chemical agents varies. Either **SHELTER IN PLACE** or **EVACUATION** orders may be given to provide protection. Local authorities will give these orders only when necessary. Gas masks and protective clothing may help in some instances, but cannot protect you from contaminated food or water. However, not all such gear sold today is suitable for protection. Learn before you buy.



How to Get Information in an Emergency

Local radio and television stations will provide information in the event of a major emergency.

In some instances, the Emergency Alert System may be activated.

Specific emergency instructions will be broadcast by:



Television

English Television:

- Channel 24 KSEE
- Channel 26 KMPH
- Channel 30 KFSN
- Channel 47 KGPE

Spanish Television:

- Channel 21 KFTV



Radio

English Radio:

- KMJ-AM 580

Spanish Radio:

- Radio Bilingue KSJV-FM 91.5

Emergency instructions will provide information on whether it is safer to evacuate your home/workplace or whether you will be better protected to Shelter In Place.

If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

HELPFUL WEB SITES

Center for Disease Control and Prevention.	www.bt.cdc.gov
California Office of Emergency Services (OES).	www.oes.ca.gov
American Red Cross.	www.fresnomaderaredcross.org
Madera County Public Health Department.	www.madera-county.com/publichealth/
U. S. Dept. of Homeland Security.	www.ready.gov
Federal Emergency Management Agency.	www.fema.com

What Not to Do in an Emergency

Do NOT light matches or turn electrical switches on or off if you smell gas or think there may be a leak. It is safe to use a flashlight. Also Do NOT use a regular phone. Cell phones are safe to use.

Do NOT turn off any utilities unless you have been told to by emergency authorities—or unless you know there has been some damage to gas pipes, water pipes, or electrical lines.

Do NOT go to the hospital except in the case of a medical emergency.

Do NOT drive your vehicle unless you have been advised to evacuate or you have a medical emergency. Be sure to check on road conditions or travel restrictions.

Do NOT call 9-1-1 except in the case of a life-threatening situation. It is very important to keep these lines open for true emergencies.



Your Best Protection is Preparation

There are many types of emergencies. This Guide offers information about those that are large-scale disasters, specifically earthquakes and acts of terrorism involving nuclear (radiological), biological, and chemical agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: **SHELTER IN PLACE** (remain in your home or workplace), or **EVACUATE** (leave your home or workplace). In either case, it is important that you and your family have an **EMERGENCY PREPARATION PLAN**.

The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross at 559-455-1000 or visit their Web site at www.fresnomaderaredcross.org. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

■ A battery powered or wind-up radio.

■ Flashlights with fresh batteries. Batteries should be stored separately.



■ A first aid kit, including emergency medications.

■ A cell phone (*make sure it's charged*).

■ Stored water in sealed unbreakable containers—1 gallon for each person for each day up to one week. Water should be replaced every six months.



■ A water purification kit in the event you can't boil water if a "Boil Water Order" is issued by health and safety officials.

■ A one week supply of food that doesn't need refrigeration, a manual can opener, and eating utensils.



■ Trash bags, duct tape, sheets of plastic, and disposable gloves.

■ Fire extinguishers.

■ Add a shovel, booster cables, fix-a-flat, and flares for your car.



When Your Child is at School

Every school has an emergency plan that includes evacuation destinations. Call your child's school now to find the location and write it down here:



Also, find out what you or a designated person will need to provide in order to pick up your child.

In the event of an evacuation, you will be notified by school officials where and when your child can be picked up, so make certain the school has a way of reaching you. Radio or television stations may also carry instructions.

Finally, make sure your child has identification and phone numbers to reach family or friends.



Shelter in Place:

Protecting Yourself at Home or Work

In the event of a radiological, chemical, or biological emergency, authorities may direct you to **SHELTER IN PLACE** or **EVACUATE**. The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there.

If emergency officials advise you to Shelter In Place:

- 1** Stay calm.
- 2** Bring children and pets indoors immediately.
- 3** Close and lock all windows and outside doors.
- 4** Turn off all fans, heating and air conditioning systems, close exterior doors and windows.
- 5** If you have a fireplace, close the damper.
- 6** Gather your disaster supplies and battery powered radio.
- 7** Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
- 8** Use duct tape (wet towels if you are out of duct tape) to seal doors, exhaust fans, vents, and windows.
- 9** Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.



Evacuation: Prepare a "Grab and Go"

EMERGENCY KIT

In some emergencies, you may be asked to evacuate. In that case, you'll want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies in a convenient location. It's a good idea to keep some cash in your emergency kit. Also, be sure that everyone in the family has a list of important phone numbers and that you've decided on two alternative places to meet in case you become separated.





Important

PUBLIC HEALTH AND PUBLIC SAFETY PHONE NUMBERS

The following are numbers for disaster and emergency related help and information.

Madera County Public Health Department	1-800-427-6897 / 559-675-7893
After hours number	559-675-7769
Madera County Office of Emergency Services	559-675-7792
Madera County Sheriff's Department	559-675-7770
Madera City Police Department	559-674-5611
Chowchilla Police Department	559-665-8600
Madera County Behavioral Health Services	559-675-7925
California Highway Patrol (Madera)	559-356-2900
California Poison Control Center	1-800-876-4766
CalTrans (highway conditions)	1-800-427-7623

In the event of an emergency Dial 911

Your Own Important Numbers



Write down important numbers and keep them close.

These include friends and family home and cellular numbers, your doctor or clinic, and your child's school.



Where to Find Emergency Medical Care

HOSPITALS (🚑 denotes trauma center)

Children's Hospital Central California (pediatric 🚑)

9300 Valley Children's Place
Madera, CA 93638
559-353-3000

www.childrenscentralcal.org/

Madera Community Hospital

1250 E Almond Avenue
Madera, CA 93638
559-675-5555

www.maderahospital.org/

Community Medical Center – Oakhurst Urgent Care

48677 Victoria Lane
Oakhurst, CA 93644
559-683-2992

www.communitymedical.org

University Medical Center 🚑

445 S Cedar Avenue
Fresno, CA 93702
559-459-4000

www.communitymedical.org

Call 9-1-1 in the event of a serious, life-threatening emergency.



West Nile Virus Fighting the Bite



West Nile virus (WNV) is an illness that can be spread to humans through mosquito bites. According to the Centers for Disease Control (CDC), the best way to avoid WNV is to prevent mosquito bites.

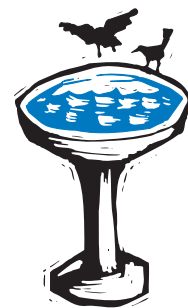
Checklist for fighting the bite:

- Use insect repellent containing DEET on exposed skin AND on clothing when you are outside. (Read and follow product instructions.)
- Avoid going outside at dusk & dawn when mosquitoes are most active.
- Wear long sleeve shirts and long pants when you must be outside during hours of the day that mosquitoes are active.
- Drain standing water around the house (including puddles, gutters, flower pots, tire swings, and garden equipment) to prevent mosquito breeding areas.
- Repair tears in screens on windows and doors.



Know the Facts:

- WNV is NOT contagious by direct person to person contact. Birds are primary carriers of WNV and mosquitoes spread the disease from biting a bird then a human. Very few cases of WNV have been reported due to transfusions and transplants.
- Often, dead birds can be a sign that WNV is present in a certain area. Reporting dead birds to your local health department can help monitor WNV in your community. It is important NOT to handle the bird with bare hands.
- WNV is rare and most people infected by the disease only experience mild flu-like symptoms.
- Although people over the age of 50 have the highest risk of experiencing severe symptoms due to WNV, everyone needs to take precautions to prevent mosquito bites.



Symptoms of WNV are similar to flu-like symptoms:

- Fever
- Severe headache
- Body aches
- Nausea
- Swollen lymph nodes
- Mild skin rash

Mosquito season in our area is from April 1 to October 31. Symptoms of WNV are similar to flu symptoms and can include fever, severe headache, and body aches. Seek medical attention if symptoms exist.

For additional information on WNV visit the CDC website at:

<http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>

For information, or to report dead birds or dead livestock call the California Department of Health Services West Nile Hotline at 1-877-WNV-BIRD or visit the Web Site at <http://www.westnile.ca.gov>

